

REAPER BEANZ EMPANADAS

45 MINUTES

Cook Time

2

Servings

LIGHT MAYONNAISE

Heinz Products

Ingredients:

2 tbsp olive oil, divided
1 medium onion, diced
1 medium red bell pepper, diced
3 garlic cloves, minced
2 tsp ground cumin
1 tsp paprika
Pinch ground cloves
1 (14 ounce or 400 gram) can black beans, drained and rinsed
1 can Heinz Baked Beanz
1/4 cup water

For the Carolina Reaper hot sauce:

1 tbsp tomato paste
1/2 cup frozen corn, thawed
1/4 cup chopped spring onions
1/4 cup chopped fresh coriander
Salt and pepper to taste
Empanadas dough

For the Heinz Mayonnaise Light ranch:

100 ml Heinz Light Mayonnaise
1 tbsp roast garlic puree
3 tbsp buttermilk
1 tsp fine chopped chives
1 tsp fine chopped parsley
1 tbsp lemon
50 ml sour cream

Method:

1. Cook pepper and onion in oil for about 10 minutes, stirring occasionally.
2. Add the garlic, cumin, paprika, and ground cloves; cook for 1 minute, then add the black beans, Heinz Baked Beans, water, and tomato paste. Stir well to incorporate the tomato paste.
3. Bring to the boil, lower the heat, and let it simmer for about 5 minutes, until the beans have softened.
4. Stir in the corn, Carolina Reaper hot sauce, spring onion, and coriander. Season.
5. Cut six circles in the dough, about 4 1/2 inches each in diameter.
6. Grab one of your dough circles and spoon about 2 tablespoons of filling in the center. Wet a finger with the bowl of water, then spread a thin layer of water around the edges of the circle. Fold the dough in half to enclose the filling, and pinch the edges tightly to seal.
7. Place it on a baking sheet and crimp the edges with a fork. Repeat with all the dough and filling.
8. Use a fork to poke a few holes in each empanada, then brush the tops of the empanadas with the milk. Cook for 15 minutes, then remove the baking sheet from the oven and brush the empanadas with the remaining tablespoon of oil.
9. Continue baking the empanadas for about 5 minutes, or until golden brown.
10. Make the Heinz Mayonnaise Light ranch by combining the ingredients and mixing well.
11. Let the empanadas cool for just a few minutes before serving with the ranch and optional guacamole.

